

Templeton Senior Center

Activities, Classes, Events & Fifty Plus Sports for Active Adults

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. Evening/weekend activities & times listed in "BLUE" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

TEMPLETON SENIOR CENTER (TSC) 225 Wiggington Road - 455-4115

☎ AARP Smart Driver Class

This eight-hour, newly updated driving refresher course, geared to the older driver, develops skills to enhance performance and safety. You must attend *both* days in order to complete the course. Check with your agent about a rate reduction! Register by 9/21.
\$15.00 AARP members,
\$20.00 non-members
Payable on site to AARP.
74001.310
W & Th 9/23 & 9/24 1:00pm-5:00pm

\$ Beading with Jamie

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful copper crystal beaded necklace. Instructor: Jamie Carlund Register and pay by 9/27.

Fee: \$10.00
73001.312

Tu 9/29 **6:30pm-8:00pm**



\$ Bridge: Beginners Plus 6 Weeks

Discover the fun of bridge as you continue to learn the basics of the card game. Beginners, with some playing experience, are invited to try

their hand at this six week class.
Instructor: Phyllis Moldenke
Register by 9/14.
Fee: \$49.00 LR: \$34.00
74002.311
W 9/16-10/21 1:30pm-3:30pm

\$ Bridge: Intermediate 6 Weeks

Continue learning the game of bridge as you build on your skills and improve your game. Some previous playing experience is necessary.
Instructor: Phyllis Moldenke
Register by 9/11.
Fee: \$49.00 LR: \$34.00
74002.310
M 9/14-10/19 9:30am-11:30am

Bullying of Seniors: How to Recognize & What to Do

Deborah Bell, Community Outreach Coordinator with Attorney General's office, shares a look at what happens when minor bullying of senior citizens turns into elder abuse and/or neglect. The program will cover definitions, signs and symptoms, and what to do if abuse is recognized.

Tu 9/22 10:30am-11:30am

\$ Cardio Fit & Tone

This twice-weekly exercise class opens with a cardio workout then focuses on trimming and toning using weights, bands, and mats.
Instructor: Mary Harris

Register and pay by first class.

Fee: \$36.00 LR: \$24.00
74209.310

Tu Th 9/1-9/29 **5:30pm-6:30pm**

☎ Chronic Disease Self-Management Classes

FREE 6 Week Class

Learn helpful tips to manage your pain and improve the quality of your life in this six-week course. Trained CVACL instructors bring you valuable information on goal setting, problem solving, decision making, healthy eating, and coping with fatigue and pain. In addition, learn how to prevent falls and improve balance, evaluate new treatments and communicate effectively with family, friends and health professionals. Register by 9/14.

Th 9/17-10/22 9:00am-11:30am

\$ Computer Basics: Intro to Facebook

Technology is becoming a vital part of today's society. Take advantage of this one-time class and learn how to create a Facebook account, find friends and family members, upload photos, and navigate through the website. Bring a notepad or better yet, bring your own laptop and follow along.

Instructor: Krista Johnson
Register and pay by 9/1.

Fee: \$10.00
74008.310

Th 9/3 **6:00pm-8:00pm**

Crafting with Gourds

Demo

Watch as Mike Connolly demonstrates the process of making something extraordinary out of humble gourds.

Th 9/10 10:30am-11:30am



Glimpses of Antarctica

World traveler, Susan Timmons, shares a glimpse into a land so beautiful and distant. Enjoy the journey as you envision the power and intrigue of ice, light and the vast silence shared with penguins, orcas and other wildlife.

Tu 9/29 10:30am-11:30am

\$ Ground Beef Stroganoff Lunch

Enjoy this easy and affordable version of a classic beef dish. Along with the stroganoff, vegetables, dessert and drink will be served. Register and pay by 9/18.

Fee: \$4.00

73000.310

Tu 9/22 11:30am-12:15pm

\$ Intro to Genealogy 3 Weeks

Never has there been a better time to explore your roots. Everyday new information is being made available on the web. A limited number of computers will be available, bring your own laptop if possible.

Instructor: Marsha Berry

Register and pay by 9/24.

Fee: \$30.00 LR: \$20.00

74003.310

M 9/28-10/12 6:15pm-8:00pm

\$ Intro to Watercolors for

Beginners 4 Weeks

Start at the very beginning to learn step by step techniques and terminology in this introduction to watercolors. Students should bring:

pointed round sable brushes #4 and #6 and a small scrubber brush.

Instructor: Virginia Klute

Register and pay by 9/8.

Fee: \$85.00 LR: \$70.00

74401.310

Th 9/10-10/1 1:00pm-4:00pm

Meet the Artist: Amanda Sandos

Meet Amanda Sandos, zoologist turned artist, and see some of her extraordinary paintings.

Tu 9/15 10:30am-11:30am

\$ Pressure Canning

Learn the skills and techniques necessary to pressure can your own vegetables and fruits.

Instructor: Susan Prillaman

Register and pay by 9/4. Fee: \$5.00

74005.311

Tu 9/8 6:00pm-8:30pm

\$ Scrapbooking: An Introduction

Create your own scrapbooking page while learning the basic techniques. Students will receive a 12x12 sheet of scrapbooking paper along with a plastic cover and other basic supplies. Students should bring their photos and are encouraged to bring their own stickers, colored paper, and scrapbooking tools if desired.

Register and pay by 9/14.

Fee: \$5.00

74406.311

W 9/16 1:30pm-2:30pm

\$ Slate Welcome Sign

Create your own personalized slate "Welcome" sign. The stencils, paint, brushes and slate are furnished.

Instructor: Linda Duff

Register and pay by 9/18.

Fee: \$18.00 LR: \$12.00

74400.310

M 9/21 6:30pm-8:30pm

\$ Stamping Fundamentals

Using simple tools you can create beautiful, handmade cards and crafts which express your personality. Let Debbie Naylor show you how in this introductory class. She will share lots of ideas to fuel your imagination and each student will have the opportunity to make a couple of cards to take home.

Instructor: Debbie Naylor

Register by and pay 9/11.

Fee: \$5.00 73001.311

M 9/14 6:00pm-7:00pm

\$ Watercolors Express

It's fast and it's fun! Create and complete your own watercolor picture as the instructor takes you step by step through the process. Students should bring their own watercolor brushes.

Instructor: Betty Leary

Register and pay by 9/25.

Fee: \$23.00 LR: \$15.00

74401.311

Tu 9/29 1:00pm-4:00pm

Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair! Challenge yourself as you work out at your own pace. No class 9/7.

M Tu Th F 9/1-9/29

9:30am-10:15am

\$ Yoga

This self-paced class combines stretching, breathing, and holding postures. Instructor: Debbie Ladd Register and pay monthly by the first class.

Fee: \$36.00 LR: \$24.00

74203.310

Tu 9/1-9/29 8:15am-9:05am

\$ Zumba at Noon

Zumba is a total workout, combining great elements of fitness including cardio, muscle conditioning, balance and flexibility. Experience boosted energy and fun in every class!

Instructor: Gulshan Ari

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74205.310

Tu Th 9/1-9/29 12:00pm-12:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. No class 9/7.

Instructor: Kirstin Eubank

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74208.310

M W 9/2-9/30 5:00pm-5:45pm

Special Interest at TSC

Canasta

Have fun and challenge your brain as you play this popular card game. New players and beginners are welcome.

F 9/4-9/25 9:30am-12:30pm

Current Issues & Events

Join this interactive group as they discuss hot topics in the news.

W 9/9 & 9/23 10:30am-11:30am

Literature for Life

Explore a variety of American Literature and poetry. New comers are welcome.

Th 9/10 10:30am-12:00pm

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly

to Gin Rummy, it's a great way to engage your brain. Beginners and new players are always welcome.

Th 9/3-9/24 9:30am-12:30pm

\$ Mahjong Lessons 3 Weeks

Learn this ancient Chinese game, similar to the Western card game rummy. Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.

Instructor: Karen Bridgett

Register and pay by 10/1. Fee: \$10.00

73004.320

F 10/2-10/16 9:30am-11:30am

Pinochle

Do you play? Would you like to learn how? Pinochle is a trick-taking card game typically for two to four players and played with a 48-card deck. Join other interested players on Friday mornings.

F 9/4-9/25 9:30am-12:30pm

Social Bridge

Bring your foursome and enjoy time with friends as you play, learn and improve your game.

Tu Th 9/1-9/29 9:30am-12:30pm

*Watch for the
Lynchburg Parks & Recreation
FALL ACTIVITY GUIDE
for additional classes, activities
and events for all ages!*

Additional Activities

FAIRVIEW CENTER (FC)
3621 Campbell Ave. 847-1751

Bingo

Bring 2 new, unwrapped gifts to be used as prizes.

F 9/25 10:30am-11:30am

\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing.

Register and pay monthly.

Club Fee: \$5.00

W F 9/2-9/30 9:30am-11:30am

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone.

Instructor: Jan Baker

Register and pay by the first class.

Fee: \$36.00 LR: \$24.00

63300.310

M W F 9/2-9/30 11:45am-12:30pm

\$ North Carolina Barbecue Luncheon

Enjoy a tasty barbecue lunch with delicious side dishes.

Lunch fee is \$5.00.

Register and pay by 9/4.

63400.310

W 9/9 11:00am-12:00pm

Special Interest at FC

Billiards

Two tables are available for recreational billiards. No games 9/7.

M W F 9/2-9/30 9:30am-1:00pm

\$ Line Dance

Interested in line dancing for fun?

Join this group of dancers any Wednesday and enjoy an energizing morning.

Fee: \$1.00/class.

Pay on site.

W 9/2-9/30 10:30am-11:20am

Social Bridge

Do you enjoy playing bridge and making new friends? Come join the fun at the Fairview Center.

M 9/14-9/28 10:00am-11:30am

OTHER LOCATIONS

\$ Bowling



Enjoy weekly recreational bowling without the cost and commitment of league attendance and play.

Game Fee: \$1.25/game plus tax
Fort Hill Bowling Center, 6015 Fort Ave.
Tu 9/1-9/29 1:00pm-3:00pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you the opportunity to stay fit and have fun. The speed of the ball and the size of the court make this an ideal game for the 50+ crowd.

Staff: Marsha Berry

Register and pay monthly by the first day of play. Fee: \$10.00

Pleasant View Baptist Church,
19278 Forest Road
73703.310

Th 9/3-9/24 2:00pm-5:00pm

\$ Fifty-Plus Putt Putt

Enjoy Miniature Golf each Monday morning. Adults only please.

\$3.00/two games.

No registration required.

Putt-Putt Fun Center,
8105 Timberlake Road

M 9/7-9/28 9:00am-11:00am

\$ Fifty-Plus Softball

Coed games are focused on fun, fitness and friendly competition.

Come on out and enjoy a great game. All skill levels welcome.

Staff: Lynn Fox

Register and pay monthly by the first day of play. Fee: \$10.00

Peaks View Park, Field # 1
73702.310

W & F 9/2-9/30 9:00am-11:00am

☎ Golden Gourmet @ Crown Sterling

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share.

Meet at: Crown Sterling,
6120 Fort Ave.

Register by 9/23. **Call 455-4115.**
73700.310

F 9/25 11:30am-1:30pm

New Chapter Book Group

Daisy Goodwin's *The American Heiress* is the story of Cora Cash, an American heiress in the 1890s who bags an English duke.

Marriage to Ivo, the most eligible bachelor in England, however is not quite as she had envisioned. Cora soon learns that money cannot buy everything and she must decide what is truly worth the price.

Meet at: The Drowsy Poet,
Givens Book Store,
2236 Lakeside Dr.

M 9/28 10:00am-11:30am

Tennis at Peaks View

Join this group of friendly "just for fun" players each Tuesday morning. Play begins at 9:30am at the Peaks View Park tennis courts.



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facebook and keep
up with what's
happening at the

Templeton Senior Center.

www.facebook.com/TempletonSeniorCenter

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging,
Lynchburg College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



**LYNCHBURG
PARKS & REC**

434-455-5858

www.lynchburgparksandrec.com

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Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.